



Military OneSource Educational Materials for

# Military Families

## Booklets

- Building Trust
- Deployed Fathers and Families: Deployment Guide for Enlisted Personnel
- Bouncing Back: Staying Resilient Through the Challenges of Life
- Talking With Children About Violence and War

## CDs

- Finding Strength in Family and Community
- Parenting in the 21st Century
- Positive Discipline
- Talking with Your Teenager
- Talk, Listen, Connect: Helping Families During Military Deployment (DVD)
- These Boots: A Spouse's Guide to Stepping Up and Standing Tall During Deployment

## Articles

- Adoption for Military Families
- Building a Good Relationship with Your Teenager
- Building Positive Stepsibling and Half-Sibling Relationships
- Building Family Rituals While You are Deployed
- Combat Stress Resources for Military Families
- Enjoying Holidays with Your Children
- Finding Support When Your Family Member in the Guard or Reserve is Called to Active Duty
- Having a Baby When Your Spouse is Deployed
- Helping Children Cope During Deployment
- Helping Your Teenager Cope After a Traumatic Event
- Helping Your Teenager Cope with Relocation

- Holding Family Meetings
- Keeping Your Teenager Healthy During the Risk-Taking Years
- Listening to Your Teenager
- Maintaining a Strong Relationship with Grandparents When You Move Frequently
- Maintaining a Strong Relationship Through Deployments and Separations
- Managing Stress as a Family
- Military Child Development and Youth Programs
- Preparing a Family Care Plan
- Relatives Raising Children When a Parent Is Deployed
- Returning to Family Life After Military Deployment
- Single Parenting While Your Spouse is Deployed
- Staying in Touch When a Family Member Has Been Deployed
- Talking About Separation or Divorce with Your Child
- The New Parent Support Program (NPSP)
- Tuition Help for Military Children
- Voting for Service Members and Their Families
- When Your Son or Daughter Is Deployed

## Worksheets/Brochures

- Becoming a Couple Again: Reintegration Fact Sheet for Military Couples
- Discussing Danger While a Parent is Away
- Getting to Know Your Children Again
- Preparing Yourself for the Deployed Parent's Return
- Talking About Dangerous Work
- Talking About the Return of a Parent

Military OneSource is provided at no cost by the Department of Defense to all active duty, Guard, Reserve members, and their families. The 24/7 service provides information and referrals plus private, local face-to-face counseling. Call 1-800-342-9647 or access [www.militaryonesource.com](http://www.militaryonesource.com). (Visit our Web site for overseas, Spanish, and hearing impaired toll free telephone numbers.)